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Naval Hospital

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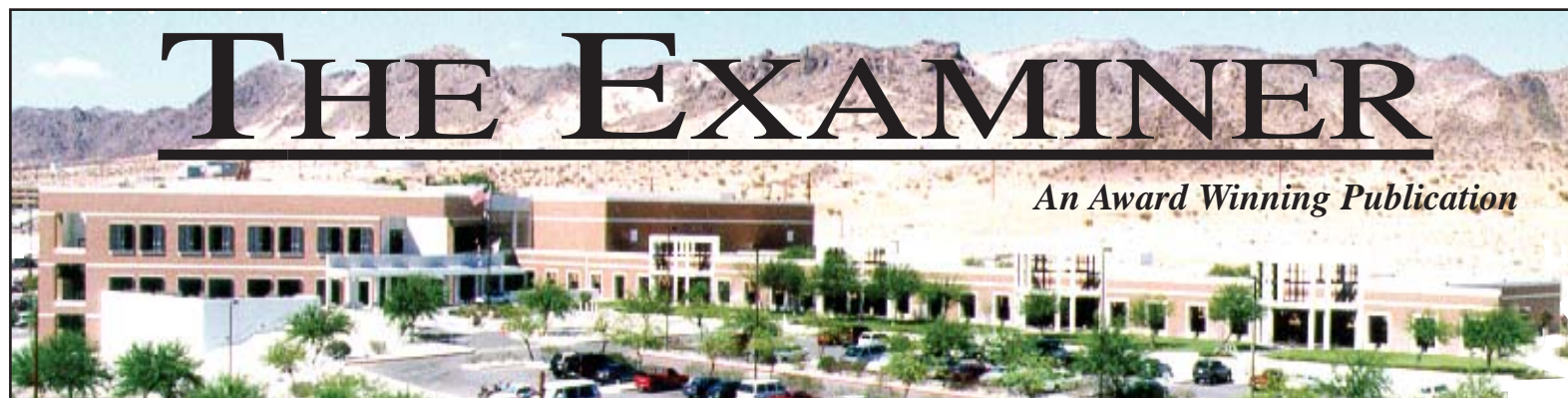
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Twentynine Palms, CA 92278-8250



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Hard-Charging DFA Emphasizes Preparedness

By Dave Marks, Naval Hospital Twentynine Palms Public Affairs Officer

Naval Hospital Twentynine Palms' Director for Administration, Lt. Cmdr. Markeece Murriel, does not shy away from a difficult assignment nor does he take the path of least resistance. He was born and raised in Jackson, Mississippi, eldest of four children; and by the time he graduated high school he was a member of the National Honor Society, two honors programs, the high school marching band; and he was the proud recipient of a scholarship to attend college. Murriel surprised everyone, especially his grandmother, and enlisted in the Navy as a seaman recruit.

Murriel described himself as a "young motivated kid who wanted to do more, see more, be a part of an organization bigger than myself." He is not one to leap without looking and true to character, he studied the matter thoroughly. He was particularly impressed with the medical field, especially the Navy. "If you look back through history, Navy Medicine, particularly Corpsmen, have a very illustrious history," he said.

His first assignment was in Hawaii where Hospitalman Murriel was assigned to the 3rd Marine Expeditionary Force, Kaneohe Bay, Hawaii. Never a slacker, Hospital Corpsman Third Class Murriel was selected as Junior Sailor of the Year for calendar years, 1994 and 1995. In 1996, Hospital Corpsman Second Class Murriel was selected as U.S. Marine Forces Pacific Senior Sailor of the Year. In 1997, HM2 Murriel

graduated from Advanced Radiology Technician "C" School in San Diego, California. "Education is very important to me," he said. "I've always found myself in someone's classroom at each duty station. It's just natural for me."

Hospital Corpsman First Class Murriel had been in the Navy 13 years before being accepted into the Medical Service Corps In-service Procurement Program. He was commissioned as an Ensign and reported to U.S. Naval Hospital Guam as Department Head, Patient Administration.

Lt. Cmdr. Murriel has alternated between patient administration and plans, operations and medical intelligence-officer positions since being commissioned. In 2007, he completed a 12-month deployment in support of Operation Iraqi Freedom. That year he also earned his MBA with a concentration in health-care administration.

His recipe for success? "Establish goals for yourself," he said. He makes his goals visible by sticking them on the refrigerator. "Each day that goes by I would ask myself, are you on track for the goal you set?"

Murriel described his process for studying for the enlisted promotion boards. "I would use flash cards and hand-written notes. I would print out the bibliography and would highlight the material in the manuals, instructions and directives using different colored highlighters." If he felt weak in a particular area, such as pharmacology, he would hang out with the phar-



Lt. Cmdr. Markeece Murriel

macy techs and pick their brains.

Lt. Cmdr. Murriel arrived to NHTP from the Navy Recruiting Command HQ, Millington, Tennessee, where he was Deputy Director for the Medical Accessions Division. He was responsible for the 26 recruiting districts throughout the USA. Murriel was credited with raising the Navy Reserve Medical Corps manning to the highest level in over a decade and completely eliminating shortages in three specialties by introducing "concierge service." "I didn't know it was going to be such a phenomenal tour," he said.

Naval Hospital Twentynine

Palms was his first choice in assignments; and he's delighted to be here. His wife, a logistician, is from the Philippines; and the family has relatives in Las Vegas and San Diego. "You really can't get any better than this," he said.

The Murriels have an 18-year-old son who will start college in the fall at the University of Nevada, Las Vegas, and a 13-year-old daughter, who takes after dad, playing viola in the school orchestra.

For hobbies, Lt. Cmdr. Murriel is an avid movie fan. He also enjoys fishing and football. His favorite team? The San Francisco 49ers.

Diversity Fair Highlights Ethnic Contributions



Hospital Corpsman Second Class Jonathan Jones (far left), Lead Petty Officer for the Medical Home Port, offers an overview of civil rights leaders at the Black History display.



"Ambassador" Lt. Kaley Gray, Directorate of Public Health audiologist, stamps Ms. Shantel Meier's passport. Ms. Meier is a staff nurse at the Adult Medical Care Clinic.

The NHTP Diversity Committee held a Diversity Fair July 13 in Classroom Five. Visitors took an around-the-world tour, stopping at displays commemorating Women's history, LGBT issues, Asian-Pacific Heritage, Holocaust Days of Remembrance, Black History and Martin Luther King. The NHTP Wardroom, the Coalition of Sailors Against Destructive Decisions, the First Class Petty Officer's Association, the Second Class Petty Officer's Association and the Junior Enlisted Association all contributed to making this multi-heritage celebration a success. Contributed foods were arrayed on a smorgasbord with delicious appetizers, main dishes and desserts. Visitors were given a "passport" upon entry and had their passport stamped at each display, thereby entitling them to enjoy the various foods.



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Ms. Carrie McMahon, representing the Belmont Instrument Corporation, explains the capabilities and proper use of the Belmont Rapid Infuser during the Clinical Nursing Skills Fair conducted in NHTP Classroom Four on July 27.

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Preventive Medicine Corner

Submit Questions/Concerns and Tanya Will Provide Answers



Tanya Stuckey

Dear Tanya,
I don't know what to do! My partner snores like a freight train and keeps even the dogs awake. I have tried rolling over, poking, white noise and earplugs; and nothing works. One of our neighbors even complained because we had the windows open at night and they could hear it next door. What can I do to make the snoring stop?

Signed,
Sleepless in 29 Palms

Dear Sleepless,
Snoring is more than just an

annoying habit. People who snore often don't know it, and could require a number of behavioral changes--beginning an hour or so before turning in for the night. Some sleep disturbances may be a result of stress, too much noise, light in the room, use of electronics or caffeine or even a heavy meal consumed prior to bedtime. If you or your partner find that making changes in your bedtime routine is not helpful, it may be time to talk to a health professional. Snoring can be a sign of a sleep disorder called sleep apnea.

Sleep apnea can make people snore, gasp or make "snorting" noises when they sleep. Those who suffer from this sleep disorder may have excessive daytime sleepiness (because they aren't resting well), be at risk of car crashes and work related accidents, high-blood pressure, obesity, diabetes, heart disease and memory loss. Other symptoms of sleep apnea can include night sweats, periods of being awake during the night, and struggling to get comfortable in bed in attempts to breathe better. Apnea can also run in families, although no one is sure of

how exactly it passes from parents to children. Symptoms of sleep apnea should be taken seriously since lack of sleep can affect your health at every level.

What happens when we sleep? Sleep gives your heart and cardiovascular system a much-needed rest. The body and mind use this time to recover and prepare for the day ahead. Proper sleep reduces your heart rate and blood pressure by about 10 percent. Insufficient sleep leads to hardening of the arteries (atherosclerosis), hypertension, stroke, coronary heart disease and an irregular heartbeat (cardiac arrhythmia). Sleep also allows your blood sugar to balance, your body to heal and your immune system to fight off illness. Adults need between seven and nine hours of sleep each night to accomplish all of these jobs.

If you would like help with getting more restful sleep, contact Health Promotion & Wellness at (760) 830-2814. We can help you to figure out if you may have a sleep disorder or if you need to unplug those electronics that are keeping you awake at night.

Got Dental Health?

How is Your Dental Health?
We have all had to answer the question from our dental office staff, "Do you floss?" and let's face it, most of us do not floss as often as we should.

According to a report published by Navy Marine Corps Public Health Center, 43 percent of Sailors and 54 percent of Marines do not floss regularly. Brushing alone cannot clean the entire tooth surface and floss can reach side areas where teeth meet. Flossing removes plaque between teeth before it hardens and turns to tartar. The accumulation of tartar can lead to gingivitis. If your gums are red, swollen and/or bleed when you brush or floss, you may have gingivitis.

Talk to your dental staff and schedule an exam and cleaning. The American Dental Association suggests that the frequency of regular dental visits should be tailored by dentists to accommodate the patient's current oral health status and health history. For most, cleanings once or twice per year is sufficient with special appointments for follow-up care such as

fillings, orthodontics or any other identified dental concerns.

Imagine this: You have enjoyed a delicious meal of chicken, steak, or fish. Then it's time to relax as you end your evening with a little television or social media before turning in for the night. If you skip that nightly floss/brush routine, you are waking up with the same food you had for dinner still hanging around in your mouth. Would you eat that meal the next morning if it had been left out on the counter? It's not likely, and consider the amount of bacteria that is growing after being in the moist, dark breeding ground that produces more than just morning breath.

Left untreated, poor oral hygiene has been linked with serious general health problems such as heart attacks and strokes. Preventive care is essential to your overall health. If it has been a while, make an appointment and get on track to a beautiful, clean and healthy smile!

3rd Annual NHTP Process Improvement Fair

February 15 is deadline for project and poster submissions.

Regional Fair deadline: March 17.

Assistance and guidance are available from Mr. McCracken, 830-2285.

Visit: [http://nhttps-sp1-v:40131/NHTP%20HOME%20PAGE/PIP/](http://nhttps-sp1-v:40131/NHTP%20HOME%20PAGE/PIP/SitePages/Home.aspx)
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L-R: HM3 Marquis Thomas, HA Angel Saucedo, CS3 Karlia Thomas and HM3 Jaime Monroe, represent the Navy Ball Committee during a fund-raising event outside the Chaplain's Office July 26. The Navy Ball Committee offered smoked chicken, mac & cheese, baked beans and corn bread. Proceeds from events like this help fund the annual Navy and Corpsman Balls.



The following awards were presented during the First Friday Award Ceremony, July 7, in NHTP Classrooms Four & Five. Hospital Commanding Officer, Capt. Nadjmeh Hariri, Executive Officer, Capt. Patrick Amersbach, and Command Master Chief, HMCM Jerry Ramey, presided.



Mr. Philip Breault is presented with a Federal Length of Service Award in grateful recognition and appreciation for his 15 years of faithful service to the federal government.



Hospital Corpsman Third Class Eric Brennecke is awarded the Navy and Marine Corps Achievement Medal.



Hospital Corpsman First Class Serrita Coleman is congratulated for being meritoriously promoted to her current rank.



Hospital Corpsman Third Class Riley Driscoll is congratulated for being meritoriously promoted to his current rank.



Hospitalman Amber Foose is awarded the Navy and Marine Corps Achievement Medal.



Hospital Corpman Third Class Jason Krieg is awarded the Navy and Marine Corps Achievement Medal.





Hospital Corpsman Third Class Dyresha McKay is awarded the Navy and Marine Corps Achievement Medal.



Logistics Specialist Third Class Christian Murmer is congratulated for being meritoriously promoted to his current rank.



Logistics Specialist Second Class Eric Valadez is awarded the Navy and Marine Corps Commendation Medal.



Hospital Corpsman Second Class Zachary Sidner is awarded the Navy and Marine Corps Achievement Medal.



Ms. Jennifer Whitten is presented with a Patient Safety Award.



Ms. Christina Ramirez is presented with a Patient Safety Award.



Hospital Corpsman Second Class Domingo Sosa is congratulated for being meritoriously promoted to his present rank.



Introducing New Staff -- Welcome Aboard!



Capt. Shari Jones

Captain Shari Jones, certified nurse anesthetist, arrived from Naval Medical Center San Diego. As well as being a staff anesthetist, she coordinated the Navy and Marine Society 2017 campaign, raising their targeted goal of \$1.6 million. Originally from Salina, Kansas, her family moved to Scotland when she was four and eventually settled in Cambridge, England. She credits the British education system for giving her an early start and a passion for reading. Jones signed up while still in college at San Diego State, and thought four years would be enough; but 28 years later, she looks back on a rewarding career. She earned her Master's degree in anesthesiology from Georgetown University in Washington, D.C., and earned her Doctorate of Philosophy degree in anesthesiology from San Diego State University. Her favorite assignments were generally at sea, providing humanitarian aid. Hobbies include working out, weight training and reading.



Lt. Katrina Landa

Lt. Katrina Landa arrived from Naval Medical Center San Diego where she was a resident in the Emergency Department for three years. She's originally from upstate New York. Lt. Landa earned her medical degree from Loma Linda University and earned her undergraduate degree from Andrews University in Berrien, Michigan. Family tradition motivated her to join the Navy. "All of the doctors in my family have done military tours. I'm the first Navy doc," she said. She's been in the Navy six years. Prior to her San Diego residency, Landa spent two years with the 3d Battalion, 11th Marines, on MCAGCC. "My first field op was 125 degrees F., and I came here from Camp Pendleton in full gear." Lt. Landa chose to return to Twentynine Palms. "I actually really like this area she said. She credits the NHTP ER for getting her into emergency medicine. Her husband is a civilian dentist. For hobbies she enjoys hiking, reading and socializing.



HM1 Josemari Montes

Hospital Corpsman First Class Josemari Montes arrived from the guided missile destroyer, USS Wayne E. Meyer (DDG-108). HM1 Montes was the ship Independent Duty Corpsman, a position he held for three years. Taking care of his Sailors "was fast and furious work," he said. Originally from Lancaster, California, Montes has been in the Navy 16 years. He joined wanting a change after working in Las Vegas for seven years, but also for the challenge. Both his brother and father had been U.S. Sailors. Montes has nearly completed his Bachelor's degree in business administration and healthcare from Trident University. HM1 Montes plans to find an administrative position in a larger hospital in the Las Vegas area. He's here with his wife, a registered dental hygienist, and their two sons, 13- and 14-years-old. Hobbies include building remote-control static 1:16 scale model tanks. "I do a lot of that WWII history stuff," he said. He also enjoys taking his sons to the movies.



HM1 Ricardo Castillogonzalez

Hospital Corpsman First Class Ricardo Castillogonzalez enlisted out of Salinas, California, 17 years ago. He said he had always been attracted to the military and joining the Navy was the best decision of his life. He arrives from Hawaii where he was a biomedical technician for Combat Logistics Battalion 3. HM1 Castillogonzalez says being a biomed tech agrees with his personality. "There's not a lot of interaction with people; but there is a lot of interaction with machines," he said. Castillogonzalez earned his Bachelor's degree in social science from Chaplin University while stationed at Lemoore Naval Hospital. Castillogonzalez noted the excellent job prospects in his career field, but said his hard-charging days are over upon the completion of his final enlistment. "My goal is to not work after I retire," he said. He plans to find a place outside of Mexico City and live on his retirement pay. Hobbies include walking, hiking, soccer, volleyball and mixed martial arts.



HM3 Jashmine Debellis

Hospital Corpsman Third Class Jashmine Debellis is enthusiastic to ply her new trade, physical therapy tech. As a dancer (ballet, contemporary and hiphop) for 12 years, she often found herself on the receiving end of physical therapy. She recently completed "C" school, and will be on the giving end, assisting Marines and Sailors with mobility, function and quality of life. The training at Fort Sam Houston was fun and she learned a lot, she said. Originally from Sacramento, Debellis has been in the Navy three and a half years. Her grandfather and brother were in the Navy, so it seemed like a logical fit. Her husband, a fellow Corpsman, is stationed at Camp Pendleton. She's earned her Associate's degree from Sacramento State and had planned to earn her registered nursing degree. But "C" school changed that plan. "I decided I want to be a physical therapist, so I'm working on that," she said. For hobbies, HM3 Debellis enjoys photography.

Reenlistments!

Saluting those who volunteer to stand the watch, to keep our country safe and to provide succor to those in need.



Hospital Corpsman Second Class Jacemine Dorcenvil reenlisted for three more years June 27 in a ceremony outside the NHTP Emergency Room. HM2 Dorcenvil, originally from Pompano Beach, Florida, was Lead Petty Officer in the NHTP main laboratory before PCSing to the USS Dwight D. Eisenhower (CVN 69). HM2 Dorcenvil has been in the Navy 7 1/2 years. Reenlisting Officer is Lt. Theo Cunningham.



Branch Health Clinic China Lake: Hospital Corpsman Third Class Rudolofa Navarro reenlisted for two more years June 1. Reenlisting Office was Lt. Cmdr. Michael Czigler.



Hospital Corpsman Third Class Matthew Hagan reenlisted for two more years June 30. HM3 Hagan has been in the Navy for five years and at NHTP for the past two years. HM3 Hagan is a staff Corpsman at the Adult Medical Care Clinic. Home town is Murrieta, California. Reenlisting Officer is Lt. Cmdr. Leah Lizada.

Right: Hospital Corpsman Third Class Gustavo Dominguez Trejo (right) reenlisted for four more years at the NHTP flagpole July 21. HM3 Dominguez Trejo, originally from Mexico City, has been in the Navy four and a half years. He's the Lead Petty Officer on the Multi-Service Ward. By NHTP tradition, reenlisting Sailors are granted a 96-hour special liberty pass and are also given a 72-hour special liberty pass which they can give to a worthy shipmate. HM3 Dominguez Trejo chose to give HM3 Jonathan Rodney (left) the 72-hour special liberty pass.



Hospital Corpsman Second Class Zachary Sidner reenlisted for six more years July 20. HM2 Sidner, a laboratory technician, has been in the Navy six and a half years. Hometown is Henderson, Nevada. Reenlisting Officer is Lt. Theo Cunningham.



The 23d Marine Regiment, San Bruno, California, expressed their appreciation June 10 for the "outstanding support" they received from NHTP and the AMCC during their Integrated Training Exercise. L-R: Senior Chief Hospital Corpsman Dempsey Tomblin, Lt. Cmdr. Leah Lizada, Chief Hospital Corpsman Joseph Richey, Lt. Col. Urbano Cruz and Lt. Cmdr. Joshua Minyard.



Branch Health Clinic China Lake-- Lt. Marshall Faulds is awarded the Navy and Marine Corps Commendation Medal during an award ceremony July 10. Lt. Cmdr. Michael Czigler was the presenting officer.



Hospital Corpsman Third Class Chase Chappell is awarded the Navy and Marine Corps Achievement Medal as his end-of-tour award with Charlie Company, 3d Light Armored Reconnaissance Battalion, during a ceremony at the Adult Medical Care Clinic July 27.

